



20

THE CENTER

Celebrating Life's Dimensions

23



235 Cutlers Farm Road | Monroe, CT 06468 | (203) 452-2815 | www.monroect.gov

**Director's Corner** ~ May is Older Americans Month. To celebrate we are ordering items from monies received to enhance our outdoor space. Soon you will see picnic tables with umbrellas, benches for the bocce court and more. As for the bocce court many thanks to Kevin Hayes & troop 63 for their work on this project. We can set up times to play or people can pop in and enjoy some outdoor fun. *Kim*



## SAFE DRIVING COURSE

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older.

**This course will help you:**

- ◇ Receive a multi-year discount on your auto insurance
- ◇ Refresh your driving skills & knowledge of the rules and hazards of the road
- ◇ Reduce your chances of receiving a traffic violation or getting into an accident.

**Tuesday May 9th 12:00pm to 4:00pm at the senior center.**

**AARP Member ~ \$20.00 per person**

**Non-AARP Member ~ \$25.00**

**Register with payment & AARP number at the front desk!**



## Birthday Celebrations

Join us **Tuesday, May 30 at 2:00 pm** to celebrate those members born in the months of February, March, April and May. Party with us with delicious cake and great music from our very own AI Song! **Event is free, sign up is required.**

## HAPPY MOTHER'S DAY!

Remember when calling customer service meant speaking to someone who would actually help you? Or, how about feeling estranged from one's own grandchildren because the world, as you see it, makes them seem completely foreign to you and vice-versa. Have you been feeling lost, upset, irrelevant, or all of these things? On **Friday, May 26 at 1:30 pm**, join **Art Gottlieb**, LCSW, CSA for a discussion of this very common issue of our times and what can be done to lessen our anxiety about existing in a rapidly changing world. **Session is free, sign up in the lobby.**

## Art Gottlieb presents Dorothea Lange

Hoboken-born Dorothea Lange is best remembered for her depression-era photographs while working for the Farm Securities Administration (FSA). Throughout the 1930s she documented rural poverty, sharecroppers & the plight of migrant laborers, ultimately leading to her being awarded the Guggenheim Prize for her 1936 photograph entitled "Migrant Mother". Join Historian Art Gottlieb for this awe-inspiring presentation on **Friday, May 5 at 1:30 pm. Sign up in the lobby.**

## BRAIN GAMES ARE BACK MONTHLY!

The March 1<sup>st</sup> session was very well-received so we're scheduling Brain Games for the 2<sup>nd</sup> Wednesday of each month, *unless otherwise noted*. Join us **Wednesday May 3<sup>rd</sup> at 1:00 pm** for an interactive, fun and good-for-you activity! Sponsored by Danielle Ramos CDP of National Health Care Associates in Fairfield. **Sign up in lobby.**



## TAI CHI WITH MIKE WALLACE

**10:30 am ~ 11:30 am**

**Tuesdays in May starting May 2, 2023**

Tai Chi can improve lower & upper body strength. When practiced regularly, tai chi can be comparable to resistance training and brisk walking. Tai chi is an exercise that can be practiced well into one's eighties, nineties, and beyond.

Mike's study began 35 years ago & continues today. He has studied with several masters from China, Taiwan and the USA. He is a member of the Yang Family Tai Chi Association. **Class is free - sign up in lobby.**

**MAY 29—SEPT. 04**

## Monroe Senior Center Pickleball Open Play

**MONDAYS/WEDNESDAYS 9:00AM—11:30AM**

**FRIDAY 1:00PM—3:30PM PICKLEBALL COURTS 7 & 8**

**This is joint program between the Monroe Senior Center & Monroe Parks & Recreation.**

**To participate one must be a current member of the Monroe Senior Center.**

## In Memory



Gloria Sheiman    Allan "Gerry" Bowen  
Nancy Foley    Evelyn "Evie" Andrejczyk  
Patricia Christo    Aniello "Sal" DiMeglio  
Nada Crnic    Grace Cagganella  
Harry Krofssik    William Marsilio

**Medical checks** (blood pressure & more) by Maggie Sessa, RN, **May 30 from 12:30am to 2:00pm. Sign up for your time slot on the sheet in the lobby.**



## Coffee with a Cop

An event with officers from the Monroe Police Department will take place May 4<sup>th</sup> from 10:30 am to 12:00 pm. Come & enjoy a cup of coffee, tea, or hot chocolate. Refreshments and some informative conversation with Monroe's finest!

*Event is free—sign up in lobby to ensure we have enough seats and refreshments.*

## Center Staff

**Kim Cassia** - Director, ext. 4  
**Jean Gardino** - Administrative Assistant, ext. 1  
**Veronica Jensen** - Elderly Services Coordinator, ext. 3  
**John Williams** - Transportation Coordinator, ext. 2  
**Evana Falzone** - Office Assistant, ext. 0  
**Rose Marie Syarto** - Driver  
**John Delfino** - Driver  
**Bob Scopoletti** - Custodian

## Commission on Aging Commissioners

Chair ~ Helma Chartier  
Vice Chair ~ Leslie Gosselin  
Secretary ~ Kathleen Sochacki  
Jeanne Nicolett    Sharon Lockshier  
Vivian Capoccitti    Debbie Malewicki

## UPCOMING CASINO TRIPS

**Mohegan:** May 23, July 19, Aug 22, Nov 16  
**Foxwoods:** June 22, Oct 25

The bus company raised their rates again, most senior centers are charging \$45.00 per person. We opted to keep the rates the same \$34.00 per person; this means we need at least 42 people to break even. If you have friends or family that want to go, please have them sign up. We hate canceling trips, so spread the word and sign up now to fill the seats.

# Movies

## May 4 ~ "Something's Gotta Give" | PG-13 | Comedy/Drama/Romance | 2hr 8min

Harry Sanborn is an aged music exec with a fondness for younger women like Marin, his latest trophy girlfriend. Things get a little awkward when Harry suffers a heart attack at the home of Marin's mother Erica. Left in the care of Erica and his doctor, a love triangle starts to take shape.



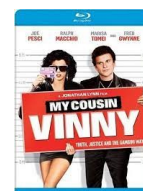
## May 11 ~ "Hidden Figures" | PG | Biography, Drama, History | 2hr 7min

As the US raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in US history. This is the true story of three of these women as they quickly rose the ranks of NASA, their brilliance firmly cementing them in US history as true American heroes.



## May 18 ~ "My Cousin Vinny" | R | Comedy, Crime | 2hr

Two New Yorkers accused of murder in rural Alabama while on their way back to college call in the help of one of their cousins, a loudmouth lawyer with no trial experience.



## May 25 ~ "80 for Brady" | PG-13 | Comedy, Drama, Sport | 1hr 38min

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.



# May Programs

| Every Monday   | Every Tuesday  | Every Wednesday  | Every Thursday  | Every Friday   |
|--|--|--|---|--|
| 9:00 Poker<br>9:30 Quilting<br><b>10:00 Fit &amp; Fabulous</b><br>10:30 Bridge<br>12:00 Ukulele<br>12:30 Mah-Jongg<br>1:00 Bingo   | 9:30 Knit / Crochet Instruction<br>10:00 Mexican Train & Triominos<br><b>10:30 Tai Chi</b><br>12:30 Farkle                                     | <b>9:30 Fit &amp; Fabulous</b><br>9:30 Pinochle<br>11:00 Spanish Class<br><b>12:00 Senior Café</b><br><b>3:00 Stretch &amp; Strengthen</b> | 9:00 Poker<br>9:00 Quilting<br>9:30 Chess<br>9:30 Mah-Jongg<br>10:00 Rummikub<br>10:30 Bridge<br>1:30 Computer Tutor<br><b>2:00 Chair Yoga</b>  | <b>Big Y Shopping</b><br>9:30 Pinochle<br>10:00 Knit & Crochet<br>12:30 Mah-Jongg<br>1:30 Chorus               |
| Monday Specials  | Tuesday Specials   | Wednesday Specials   | Thursday Specials   | Friday Specials  |
| <b>1</b>   | <b>2</b>   | <b>3</b>   | <b>4</b>  | <b>5</b>   |
|   |  | <b>1:00 Brain Games</b><br>2:00 Commission on Aging meeting  | <b>10:00 Coffee with a Cop</b><br>12:30 Movie ~ "Something's Gotta Give"  | <i>Happy Cinco de Mayo</i><br><b>1:30 Art Gottlieb ~ Dorothea Lange</b>  |
| <b>8</b>   | <b>9</b>   | <b>10</b>  | <b>11</b>   | <b>12</b>  |
| <b>1:00 Art Class w/ Kathy Pontin</b><br>  | 12:00 AARP Driver Class (4 hours)<br>                        | <b>2:00 Book Club "The Lincoln Highway"</b><br>          | 10:00 Bill's Senior Dine sign-up/refill<br>12:30 Movie ~ "Hidden Figures"   |  |
| <b>15</b>  | <b>16</b>  | <b>17</b>  | <b>18</b>   | <b>19</b>  |
|  |  | <b>1:30 Nutrition Education ~ Diabetes You're Sweet Enough</b>   | 12:30 Movie ~ "My Cousin Vinny"   |  |
| <b>22</b>  | <b>23</b>  | <b>24</b>  | <b>25</b>   | <b>26</b>  |
|  | <b>1:00 Game Day to Celebrate Older Americans Month</b>  |  | 10:00 Bill's Senior Dine sign-up/refill<br>12:30 Movie ~ "80 for Brady"   | <b>1:30 Art Gottlieb ~ A Senior Survival Guide for Living in a Modern World</b>                                |
| <b>29</b>  | <b>30</b>  | <b>31</b>  | <b>Birthstone: Emerald</b><br><b>Flower: Lily of the Valley</b><br>  | <b>CLASS FEES:</b><br>Pay in advance for the month is \$4.00 per class.<br><b>Drop-in</b> is \$5.00 per class. |
| <br>All gave some...<br>Some gave all<br>Remember them this Memorial Day<br><b>Center Closed</b><br><b>No Transportation</b> | 12:30 Medical Check by RN Maggie<br>2:00 Birthday Party<br> |  |   |  |





# TRIPS 2023



**"Stayin' Alive—Bee Gees Tribute @ Aqua Turf" ~ Monday, May 22, 2023 ~ \$120 per person**

**"Shades of Bubl -Michael Bubl  Tribute" @ Aqua Turf" ~ Thursday, August 10, 2023 ~ \$120 per person**

**For the two Aqua Turf excursions, you may drive yourself for only \$89 per person, but you still must register as part of the Senior Center group.**

**"LI Sound Gold Coast Lighthouses & Mansions" ~ Sunday, August 20, 2023 ~ \$151 per person**

Enjoy a buffet lunch on the Skyline Princess while cruising east along the Gold Coast of Long Island. The narrated cruise will highlight Stepping Stones, Execution Rocks & Sands Point Lighthouse; Impressive Gold Coast Mansions; Historic Forts Totten & Schuyler

**"Encore Boston Harbor Casino" ~ Sunday & Monday, August 27-28, 2023 ~ \$395 per person double**

**"Adirondack Mountains, Lake Placid NY" ~ September 11-13, 2023 ~ \$719 pp dbl/trpl, \$929 pp single**

Grand Adirondack Hotel \* Olympic & Adirondack Museums \* Great Camp Sagamore \* Fort Ticonderoga

**"The BIG E, W Springfield MA" ~ New England's Extravaganza ~ Thurs, September 21, 2023 ~ \$98 pp**

**"9-11 Memorial & Museum" ~ Thursday, October 12, 2023 ~ \$114 pp Adult / \$109 pp Senior**

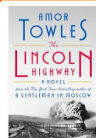
The Museum: Multimedia displays, artifacts and narratives commemorate the lives of each & every victim of both the 2001 & 1993 attacks. The Memorial: The names of every person who died are inscribed in bronze around the twin memorial pools. Brookfield Place: A stunning mall with modern upscale food court & beautiful Hudson River views. Plenty of choices in one building for **lunch on own** within walking distance of the museum.



## Nutrition Education *Diabetes ~ You're Sweet Enough!* **Wednesday May 17<sup>th</sup> at 1:30 pm**

More than 10% of US adults are living with diabetes and almost 1 in 4 of those over age 65 are affected. Let's take a look at what we can do to possibly delay or manage this chronic disease. Join Registered Dietitian Nutritionist Carmen Weber for a basic discussion on what diabetes is, which nutrients impact our blood sugar, what foods they are in, and how to read a food label to plan balanced meals and snacks. We will have an activity or game to reinforce concepts discussed. ***Session is free, sign up in lobby.***

Do you love to sing AND can carry a tune? Our chorus is seeking new voices to join them weekly at 1:30 pm on Friday. No sign up or audition necessary, just come join the chorus!



## Book Club

Wednesday, May 10 at 2:00 pm  
The Lincoln Highway  
by Amor Towles

In honor of **Older Americans Month** join us on **Tuesday, May 23 at 1:00 pm** to utilize our outdoor space. We will have



Bocce, Corn Hole, Horse Shoes and whatever else we can find outside, inside the Ping Pong table will be set up.

Seasonal beverages and refreshments will be served.



***Sign up in the lobby so we can ensure enough goodies for all!***



# Greater Bridgeport Community Café

Monroe Café 203-452-2815

## May 2023

1% or Skim milk provided  
Margarine available

### MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00 - \$5.00

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>Global Love Day</b><br>           | <b>National Teacher Day</b><br>      | <b>Vegetable Soup</b><br><b>Unsalted Crackers</b><br><b>Fish Fillet</b><br><b>Potato Wedges</b><br><b>Cole Slaw</b><br><b>Tartar Sauce</b><br><b>WW Hamburger Roll</b><br><br><b>Tropical Fruit Cup</b>  | <b>National Orange Juice Day</b><br>            | <b>National Space Day</b><br>         |
| <b>Golf Day</b><br>                  | <b>National Lost Sock Day</b><br>    | <b>Mother's Day Special</b><br><b>Italian Wedding Soup</b><br><b>Unsalted Crackers</b><br><b>Broccoli Cheese Quiche</b><br><b>Potato Pancakes</b><br><b>Vegetable Medley</b><br><br> <b>Dinner Roll</b><br><b>Angel Food Cake with Strawberries and Cream</b> | <b>National Twilight Zone Day</b><br>           | <b>International Nurses Day</b><br>   |
| <b>National Straw Hat Day</b><br> | <b>National BBQ Day</b><br>        | <b>Cream of Broccoli</b><br><b>Unsalted Crackers</b><br><b>Butter Crumb</b><br><b>Alaskan Pollock</b><br><b>Cubed Sweet Potatoes</b><br><b>Capri Blend Veggies</b><br><b>Tartar Sauce</b><br><b>Rye Bread</b><br><b>Pineapple Tidbits</b>  | <b>Global Accessibility Awareness Day</b><br> | <b>National Pizza Party Day</b><br> |
| <b>Sherlock Holmes Day</b><br>     | <b>World Turtle Day</b><br>        | <b>Memorial Day Special</b><br><b>Pineapple Orange Juice</b><br><b>Hot Dog</b><br><b>Potato Egg Salad</b><br><b>Corn on the Cob</b><br><b>Mustard and Ketchup</b><br> <b>Hot Dog Roll</b><br><br><b>Watermelon</b>  | <b>National Wine Day</b><br>                  | <b>World Lindy Hop Day</b><br>      |
| <b>Closed</b><br>                  | <b>National Creativity Day</b><br> | <b>Orange Juice</b><br><b>American Chop Suey</b><br><b>with Elbow Macaroni,</b><br><b>Beef, Onions, and</b><br><b>Tomato Sauce</b><br><b>Peas</b><br><br><b>12 Grain Bread</b><br><br><b>Birthday Cake</b>   | <b>Memorial Day</b><br>                      |  |



# Title 3 Grants

Brought to **YOU** from the **Older Americans Act** as the funding source and the **Southwestern Connecticut Agency on Aging** as the funding agency.

## TRANSPORTATION REMINDERS

Call John Williams, our Transportation Coordinator, with your transportation needs as soon as you know what they are. If you leave your medical appointment and have a date for the next visit, call to let him know the date and time so he can mark the appointment in his book **or** if there is a conflict, he can let you know so you can call your doctor to reschedule or make other arrangements.

## RECREATION ACTIVITIES

Thanks to the grant we are able to offer two FREE programs, **Art Class** and **Chair Yoga**. The art class will be led by Kathy Pontin who has an extensive art background. She will lead the group in a variety of projects. Chair Yoga is a class designed for seniors who want to exercise gently. We are excited to welcome back Linda Resnick to lead this program Thursdays at 2:00 pm.

## CHORE SERVICE

As part of the Title III grant, we can help Monroe seniors who have difficulty, financially or physically, completing any of the chore services listed: heavy housework, yard work, minor home repairs, etc. Ronnie, Elderly Services Coordinator will review the request, complete the form 5 for the senior and match the senior to one of the vendors who signed on to do this program.

## CAREGIVER INFORMATION

Did you know that Ronnie Jensen, Elderly Services Coordinator provides case management to Monroe residents? She serves as a single point of entry for seniors, their family members or caregivers on a variety of programs, services or support. She will assess client needs and match them with appropriate services, including but not limited to: energy assistance, S.N.A.P., Farmer Market Coupons, Connecticut Homecare Program for the Elderly, Veteran's Aid and Attendance Benefit, Respite Care and more.

## CAREGIVER EDUCATIONAL & INFORMATIONAL SESSIONS

Our Caregiver Educational Series has expanded to monthly opportunities on a variety of topics to help caregivers, friends, neighbors and even care recipients learn how to handle and deal with a variety of situations, issues and more.

These educational sessions are informational and interactive. They are led by Arthur Gottlieb who is a Licensed Clinical Social Worker and Certified Senior Advisor. Art has many years of clinical experience and has been working with the Center for over 10 years.

If there are any topics that you would like to learn more about please let us know and we will be sure to add it to Art's calendar.

## DONATIONS

As part of the grants we are asked to seek donations for the various programs and services.

The car has a marked bag attached to the headrest and the bus has a treasure chest box.

At the Center our suggestion box doubles as a donation box. There are small envelopes for the donation box so you can indicate what the donation is for: recreation, chore service, caregiver information & assistance, caregiver education or transportation.

## SUGGESTIONS

We are seeking your input on ideas for programs or services that the center can provide. Tell a staff member or write it down and put in our suggestion box.

**Monroe Senior Center**  
235 Cutlers Farm Road  
**Monroe, CT 06468**